

Subject: New Year, New You - The Natural Path January 2018



The Natural Path

January 2018 Newsleaf



Be sure to read to the end for **monthly specials**.

New Year, New You

Have you ever thought about how many new cells your body makes every day? It is estimated that 50-70 billion cells are replaced every day! Cells are continually dying off through wear and tear, normal cell death or even self-destruction. That means you are also continually making new cells, presenting a wonderful opportunity. While your body is in the business of continually building new cells, you have the ability to provide the best building materials possible. Giving your body the highest quality of foods and removing toxins means healthier cells can be made resulting in better overall health for you!

To get your year off to a good start building healthier cells and a healthier you, consider joining our 21-Day Purification program. We are starting January 9th and will finish up by the end of the month. There is a 10% discount this month and lots of support. Not only will you be removing toxins, you will also be following an eating and supplement plan that will provide the high quality building materials your body needs. We will kick things off with a Let's Talk Toxins presentation on the 9th.

If you aren't quite ready for the 21-Day commitment, we are also offering some other "cleansing" discounts. Consider treating yourself to an Ion Cleanse Foot Bath this month to help your body with some post-holiday detox. In addition, our Country Doctor Intestinal Cleanse Formulas (ICF)

January Events

View Calendar

Let's Talk Toxins

Tuesday, 9th, 6:15 - 7:15 pm

We last discussed this topic when Halloween candy was lurking around every corner. However, the beginning of a new year is a good time to take stock of the toxins around you again. Learn more about where harmful toxins may be hiding out in your life and strategies to help reduce their effects.

Nutritional Orientation

Thursday, January 11th, 12:00 - 12:30 pm

Thursday, January 18th, 6:15 - 7:15 pm

Tuesday, January 23rd, 12:00 - 12:30 pm

Tuesday, January 30th, 6:15 - 7:15 pm

Learn about our approach to personalized nutrition and how to access a system survey to get started. Attendees receive their first nutritional evaluation and consult visit at a reduced cost (\$75 value).

Call or email to reserve your seat for any event.

TheNaturalPathInfo@gmail.com

970-829-1110

"Don't look back, you're not going that way."



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Speaking of new things, we have a new face to introduce you to. Meet Molly - she will be taking over for Alex in helping us around the office. You may have already had a chance to meet Molly when she worked as our intern last fall. She is finishing up classes at Front Range in holistic health.

We are sorry to see Alex go, but wish her all the best in her business. If you ever need graphic design, web design or video editing work done, check out Alex's awesome skills at:

www.alexjanedesigns.com or email her at alex@alexjanedesigns.com. We highly recommend her and her work! She even designed our new logo.

Our hope for you this year is that you may never know what your good health choices prevented!

Happy New Year!!

**Carl and
Kimberley
Malone**



- Ancient Tibetan Proverb

Paleo Pancakes

We really enjoy this healthier pancake recipe. Note that it is not a 21-Day Purification recipe, so you will either have to try it before the 9th or next month - if you are joining the cleanse.

- 2 Lg. Eggs
- 1/3 C. Unsweetened Applesauce
- 1/4 C. Almond Meal
- 1/2 tsp. Baking Powder
- 1/4 tsp. Vanilla
- 1 1/2 tsp. Maple Syrup or Honey



Melt some butter in a pan, spoon in batter. Cook 3-4 minutes on the first side, flip carefully and cook 2-3 minutes on the second side. Enjoy!

Credit: fitfoodiefinds.com/grain-free-applesauce-pancakes

January Specials

**Ion Cleanse Foot Bath - \$20
Regularly \$25**

**Country Doctor ICF #1 & #2
20% Off**

**Standard Process 21-Day Purification
10% Off**

Canine Enteric - 20% off

Ruby's Corner



Sometimes the holidays can be ruff! I may have eaten a few too many goodies the last couple of weeks myself. Mom says that Canine Enteric is a great overall gut support to help me get back on track to feeling my best.



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Open Monday – Thursday, 10 am – 6 pm

Friday and Saturday by Appointment
